

To read more about our Fitness classes, please view our detailed descriptions on-line at [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).

## Cardio Sculpt ♥

This class combines cardio drills with resistance training while focusing on core strength and stability for that extra punch. You will feel stronger and have more energy in just 6 short weeks. Bring water, a mat and hand weights. Drop-ins \$15.

**Stagecoach Community Center: Activity Room**

**Instructor: Michelle Szames** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45693	8:00-8:50am	Tu/Th	Jun 22-Jul 29	12c	\$85/\$95
45694	8:00-8:50am	Tu/Th	Aug 3-Sep 9	12c	\$85/\$95

## Carlsbad Bootcamp ♥

You will be amazed at how strong you will get in just 6 short weeks. Join us for a high intensity sports conditioning and cardio workout. You will feel worked out and ALIVE! All fitness levels welcome. Bring water, a mat, and hand weights. Drop-ins \$15.

**Magee Park**

**Instructor: Michelle Szames** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45697	9:30-10:30am	Tu/Th	Jun 22-Jul 29	12c	\$100/\$110
45698	9:30-10:30am	Tu/Th	Aug 3-Sep 9	12c	\$100/\$110

## Jacki Sorensen's Aerobic Dancing ♥

Dance and tone your way to fitness with a certified instructor. Simple dance routines choreographed for fun (and for the non-dancer too). Choose your own level. Vertifirm 'standing floor work' burns more calories. Hand/ankle weights optional. Bring a mat or towel. Athletic shoes required.

**Harding Community Center: Recreation Hall**

**Instructor: Frances Walters** **Age: 18Y and up**

**Note: No classes on Aug 25 and 27.**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45689	8:15-9:15am	MWF	Jun 21-Jul 30	17c	\$77/\$87
45691	8:15-9:15am	M/W	Jun 21-Jul 28	12c	\$60/\$70
45690	8:15-9:15am	MWF	Aug 2-Sep 10	15c	\$68/\$78
45692	8:15-9:15am	M/W	Aug 2-Sep 8	10c	\$50/\$60

## Jazzercise ♥

Get a total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. It's your fun way to fitness! Your session fee allows you to attend any and all classes M/W/F/S. Drop-ins \$10. Bring water and a mat.

**Stagecoach Community Center: Activity Room**

**Instructor: Lori Massey** **Age: 12Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45686	9:00-10:15am	MWF	Jun 21-Jul 31	23c	\$64/\$74
	8:15-9:30am	Sa			
45687	9:00-10:15am	MWF	Aug 2-Sep 11	22c	\$62/\$72
	8:15-9:30am	Sa			

## Pilates ♥

Pilates Matwork is a beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Please bring a mat.

**Harding Community Center: Recreation Hall**

**Instructor: Barbara Shaver** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45740	6:40-7:40pm	Tu	Jun 22-Jul 27	6c	\$36/\$46
45741	6:40-7:40pm	Tu	Aug 3-Sep 7	5c	\$30/\$40

## Pilates with a Stretch

Join us in our quest for longer leaner muscles, core strength and fitness. Stretching was added to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. Please bring a towel, mat and water. Drop-ins \$6.

**Calavera Hills Community Center: Activity Room**

**Instructor: Sue Stewart** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45705	6:00-7:00pm	W	Jun 23-Jul 28	6c	\$25/\$35

## Pi-Yo ♥

Pilates & Yoga is the perfect combination of ancient mind, body and core strength. Each discipline has its own postures and core power creating a tremendous energy from within. Our focus will be on balance, flexibility and deep muscle work. Bring towel, mat and water. Drop-ins \$6.

**Calavera Hills Community Center: Activity Room**

**Instructor: Sue Stewart** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45701	6:00-7:00pm	M	Jun 21-Jul 26	5c	\$21/\$31

## Tai Chi with Qigong ♥

Beginners learn basic Tai Chi postures and theory with advanced students. Lao Shi John Page and Lei Kang teach one of 33 new postures and its martial application each week. Intermediate and advanced students learn internal Tai Chi movement, practice Tui Sho (pushing hands) and sword form – beginners welcome.

**Calavera Hills Community Center: Activity Room**

**Instructor: John Page** **Age: 18Y - 80Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45709	7:00-9:00pm	W	Jun 23-July 28	6c	\$56/\$66
45904	7:00-9:00pm	W	Aug 4-Sept 9	6c	\$56/\$66

## Yoga ♥

### Beginner/Intermediate

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat.

## Harding Community Center: Recreation Hall

**Instructor: Sally Pawoll**

**Age: 14Y and up**

**Note: No classes on Aug 24 and 26.**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45721	5:30-6:30pm	Tu	Jun 22-Jul 27	6c	\$36/\$46
45723	6:00-7:00pm	Th	Jun 24-Jul 29	6c	\$36/\$46
45722	5:30-6:30pm	Tu	Aug 3-Sep 7	5c	\$30/\$40
45724	6:00-7:00pm	Th	Aug 5-Sep 9	5c	\$30/\$40

## Yoga Circle

This gently challenging yoga class will stretch and strengthen you while relieving your stress. Deep breathing will energize a flow of postures designed to improve flexibility. You'll experience body, mind and spirit harmonizing anew. Wear comfy clothing. Bring a mat, and an empty stomach. All levels welcome!

## Calavera Hills Community Center: Activity Room

**Instructor: Cynthia Collier**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45711	4:30-5:30pm	W	Jul 21-Aug 18	5c	\$41/\$51

## Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice, plus a selection of Pilates mat work exercises, designed to improve spinal stability, posture, and abdominal strength. Please bring a mat.

## Senior Center: Auditorium

**Instructor: Sally Pawoll**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45725	6:00-7:00pm	M	Jun 21-Jul 26	5c	\$30/\$40
45727	6:00-7:00pm	W	Jun 23-Jul 28	6c	\$36/\$46
45726	6:00-7:00pm	M	Aug 2-30	5c	\$30/\$40
45728	6:00-7:00pm	W	Aug 4-Sep 8	6c	\$36/\$46

## Zumba Fitness ♥

Zumba is one of the fastest growing dance based fitness crazes in the country. With its easy-to-follow dance moves and motivating Latin rhythms such as Merengue, Salsa, Cumbia, Reggaeton even Belly Dancing and Hip-Hop. You'll agree...it's the most fun you've ever had working out.

## Calavera Hills Community Center: Activity Room

**Instructor: Jan Saddington**

**Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45744	9:00-10:00am	M	Jun 7-28	4c	\$32/\$42
45746	6:00-7:00pm	F	Jun 4-Jul 2	5c	\$40/\$50
45745	9:00-10:00am	M	Jul 12-Aug 16	6c	\$48/\$58
45747	6:00-7:00pm	F	Jul 9-30	4c	\$32/\$42

**Aug 6, 13, 20: Harding Community Center: Auditorium**

**Sep 3, 10: Calavera Hills Community Center: Activity Room**

**Instructor: Jan Saddington**

**Age: 13Y and up**

**Note: No class on Aug 27.**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45748	6:00-7:00pm	F	Aug 6-Sep 10	5c	\$40/\$50

City of Carlsbad Parks & Recreation

# COMMUNITY HEALTH AND FITNESS EXPO

**WESTFIELD PLAZA CAMINO REAL**  
Parking Lot (near Sears)

**SATURDAY 7.10**  
10 A.M. - 3 P.M.

**Tips, tools and resources for healthy living at any age**

Information:  
[www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec)  
keyword **health expo**

Special Events hotline: **760-434-2843**

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